Daily Log

Continue your regular self-testing routine per your healthcare provider's recommendation.

Name:	,
I need to test my blood sugar	times per day.
Target ranges: Pre-meal	Post-meal
Next appointment:	

Day & Date		Br	eakfa	st				Luncl	h				Dinne	r		Bedti	ime
1	(Before	After	Ħ	Insulin 🔑	(Before	After	Ħ	Insulin 🖈	(Before	After	Ħ	Insulin 🔎	Time	Insulin
	Time	:	:			Time	:	:			Time	:	:			Glucose mg/dL	
,	Glucose	mg/dL		mg/dL	IU	Glucose	mg/dL		mg/dL	IU	Glucose	mg/dL		mg/dL	IU		IU
	Food &	activity:				Food &	activity:				Food &	activity:				Comments:	
2	Ó	Before	After	Ħ	Insulin 🔎	Ó	Before	After	Ħ	Insulin 🖈	(Before	After	Ħ	Insulin 🔑	Time	Insulin 🔎
_	Time	:	:			Time	:	:			Time	:	:			Glucose mg/dL	
	Glucose	mg/dL		mg/dL	IU	Glucose	mg/dL		mg/dL	IU	Glucose	mg/dL		mg/dL	IU		IU
	Food &	activity:				Food &	activity:				Food &	activity:				Comments:	
/																	
																	_
3	Ú	Before	After	Ħ	Insulin 🧀	Ó	Before	After	Ħ	Insulin 🧀	(Before	After	Ĭ	Insulin 🧀	Time	Insulin 🖈
	Time	:	:			Time	:	:			Time	:	:			Glucose mg/dL	
/	Glucose	mg/dL		mg/dL	IU	Glucose	_		mg/dL	IU	Glucose			mg/dL	IU		IU
	Food &	activity:				Food &	activity:				Food &	activity:				Comments:	
	<u>~</u>	D (2.51	•/	🔥	~ ^	D (4.51	•/	🔥	<u></u>	D (0.51	•/	🔥	T'	^>
4		Before	After	Ħ	Insulin 🖈		Before	After	Ħ	Insulin 🖈		Before	After	Ħ	Insulin 🧀	Time	Insulin 🔑
	Time	:	:			Time	:	:			Time	:	:				
/	Glucose Food &	mg/dL		mg/dL	IU	Glucose Food &			mg/dL	IU	Glucose	mg/dL activity:		mg/dL	IU	Comments:	IU
	1 000 X	activity.				1 000 X	activity.				1 000 X	activity.				COMMINICINS.	
	Ó	Before	After	Ť	Insulin 🖈	(Before	After	Ħ	Insulin	á	Before	After	Ě	Insulin 🖈	Time	Insulin 🔑
5	Timo										Time				modilit ,	11110	Iniodini ,
	Time	:	:			Time	: ,,,	:			Time	:	:				
	Glucose Food &	mg/dL activity:		mg/dL	IU.	Glucose Food &			mg/dL	IU	Glucose Food &	mg/dL activity:		mg/dL	IU	Comments:	IU
/		,					,										
6	Ć	Before	After	Ħ	Insulin 🔎	Ć	Before	After	Ħ	Insulin	á	Before	After	Ť	Insulin 🔎	Time	Insulin 🔎
U	Time	:	:			Time	:	:			Time	:	:				
	Glucose			mg/dL	IU	Glucose			mg/dL	IU	Glucose			mg/dL	IU		IU
	Food &					Food &						activity:				Comments:	
/																	
7	(Before	After	É	Insulin 🧀	(Before	After	Ħ	Insulin 🥕	(Before	After	Ĭ	Insulin 🧀	Time	Insulin 🖈
•	Time	:	:		1	Time	:	:			Time	:	:				
,	Glucose	mg/dL		mg/dL	IU	Glucose			mg/dL	IU	Glucose			mg/dL	IU		IU
	Food &	activity:				Food &	activity:				Food &	activity:				Comments:	



Daily Log

Continue your regular self-testing routine per your healthcare provider's recommendation.

		Br	eakfa	st		Lunch							Dinne	Bedtime			
8	Ó	Before	After	Ĭ	Insulin 🔑	Ó	Before	After	Ĭ	Insulin	Ó	Before	After	Ĭ	Insulin 🔎	Time	Insulin 🔎
	Time	:	:			Time	:	:			Time	:	:			Glucose mg/dL	
,	Glucose	mg/dL		mg/dL	. IU	Glucose			mg/dL	. IU	Glucose	mg/dL		mg/dL	IU		IU
	Food &	activity:				Food &	activity:				Food &	activity:				Comments:	
9	Ó	Before	After	Ĭ	Insulin	Ó	Before	After	Ĭ	Insulin 🖈	Ó	Before	After	Ť	Insulin 🖈	Time	Insulin 🔎
	Time	:	:			Time	:	:			Time	:	:			Glucose mg/dL	
,	Glucose			mg/dL	. IU	Glucose			mg/dL	. IU	Glucose			mg/dL	IU		IU
	Food &	activity:				Food &	activity:				Food &	activity:				Comments:	
10	(Before	After	Ĭ	Insulin	(Before	After	Ĭ	Insulin	(Before	After	Ĭ	Insulin	Time	Insulin
	Time	:	:			Time	:	:			Time	:	:			Glucose mg/dL	
,	Glucose			mg/dL	. IU	Glucose			mg/dL	. IU	Glucose			mg/dL	IU		IU
	Food &	activity:				Food &	activity:				Food &	activity:				Comments:	
11	(Before	After	Ĭ	Insulin	(Before	After	É	Insulin	(Before	After	Ĭ	Insulin 🖈	Time	Insulin 🔎
	Time	:	:			Time	:	:			Time	:	:				
,	Glucose	- U		mg/dL	. IU		_		mg/dL	. IU				mg/dL	IU		IU
	Food &	activity:				Food &	activity:				Food &	activity:				Comments:	
12	Ó	Before	After	Ħ	Insulin 🔎	(Before	After	Ĭ	Insulin 🖈	(Before	After	Ť	🖈		Insulin
															Insulin 🧀	Time	
	Time	:	:			Time	:	:			Time	:	:		Insulin	Time	
/	Glucose	mg/dL	:	mg/dL		Glucose	mg/dL	:	mg/dL	- IU	Glucose	mg/dL	:	mg/dL			IU
/	Glucose Food &	mg/dL activity:	:		. IU	Glucose Food &	mg/dL activity:	:	mg/dL		Glucose Food &	mg/dL activity:	:	mg/dL	IU	Comments:	IU
13	Glucose Food &	mg/dL	After	mg/dL		Glucose Food &	mg/dL activity:	After	mg/dL		Glucose Food &	mg/dL	After			Comments:	IU
13	Glucose Food &	mg/dL activity:		Ť	. IU	Glucose Food &	mg/dL activity:		mg/dL	Insulin 🔎	Glucose Food &	mg/dL activity:		mg/dL	IU	Comments:	
13	Glucose Food & Time Glucose	mg/dL activity: Before : mg/dL	After	Ť	Insulin 🖈	Glucose Food & Time Glucose	mg/dL activity: Before :	After	mg/dL	Insulin	Glucose Food & Time Glucose	mg/dL activity: Before	After	mg/dL	Insulin 🔎	Comments:	IU
13	Glucose Food &	mg/dL activity: Before : mg/dL	After	Ĭ	Insulin 🖈	Glucose Food &	mg/dL activity: Before :	After	mg/dL	Insulin	Glucose Food & Time Glucose	mg/dL activity: Before	After	mg/dL	Insulin 🔎	Comments:	Insulin 👉
13 / 14	Glucose Food & Time Glucose Food &	mg/dL activity: Before : mg/dL activity:	After :	mg/dL	Insulin 🖈	Glucose Food & Time Glucose Food &	mg/dL activity: Before : mg/dL activity:	After :	mg/dL	Insulin	Glucose Food & Time Glucose Food &	mg/dL activity: Before : mg/dL activity:	After :	mg/dL	Insulin 🔎	Comments: Time Comments:	Insulin 👉
/	Glucose Food & Time Glucose Food &	mg/dL activity: Before : mg/dL activity: Before : : : : : : : : : : : : : : : : : : :	After :	mg/dL	Insulin A	Glucose Food & Time Glucose Food &	mg/dL activity: Before : mg/dL activity: Before :	After :	mg/dL	Insulin III	Glucose Food & Time Glucose Food &	mg/dL activity: Before : mg/dL activity: Before :: mg/dL activity:	After :	mg/dL	Insulin A	Comments: Time Comments:	Insulin IU

